Fatigue

In 2011 I was tested for Mono, so tired. I didn't have mono, and the Dr. didn't pursue it any more. Adrenaline kicked in and I became absorbed in a project producing a larger international festival and moved at a furious pace forcing myself to move to spite fatigue. In 2015 I just pooped out again. Beginning in the fall I would simply just stop doing everything as soon as I got off work. I began to get in bed by 6:30 and just watch Netflix, then turn the lights out at 9:00. I'm still tired, but don't spend as much time in bed, because the sleep disorder has been really wonky. I started journalling what was going on in January. But the fatigue makes it difficult to keep up with everything. With this, just a great deal of strength loss. As I look back, it has been a general overall de-conditioning. Today, post-aneurysm repair, I felt like I wanted a little adventure and drove over the hill to have lunch, then went to a hiking trail. I only was able to go 100 yards. My head started to hurt a bit so I opted to rest, and sit on a bench, and catch my energy. I wanted to stop one more place, but was too tired, it felt like I could fall asleep while driving, so I came home (2.28.16)